

0. Trailer // *Come On In*

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This is *Be Known*, and I'm Kerrah Fabacher, your host. I'm so glad you are here. We were made for relationship, but so often our relationships are broken. And when our relationships are broken, *we* are broken. One of our deepest human desires is to be known, but we often have lost ourselves along the way. This is a podcast to help you get your relationships back to a place of wholeness. A place of authentic connection. A place where you feel truly known.

So come on in and sit a while. Let's get real and see what kind of healing happens here.

"No man is an island entire of itself; every man is a piece of the continent, a part of the main." John Donne (From the poem, "No Man is an Island")

I heard this for the first time in my AP English class in High School, and it is one of those lines that never leaves me. The idea is simple really. Though this may not fit into the narrative of the whole poem, in this line I see that we were not made to be alone. We were made to be in relationship with other people, to have friends, to have a church family, to grow up in a home with others, to have community and love. And we were meant to be in a relationship with God. Relationships are foundational to who we are.

But if we are honest, and we will be in this podcast, my friends, relationships are tricky. Sometimes they can bring joy and life and meaning and hope, but at other times they can be hurtful, disappointing, and life-draining. So complicated. When relationships feel hard, we often think it would be easier to have none at all, or at least I do.

We think it would be better to be an island after all.

And though it is true that some relationships come and go in our lives, there are others that are worth the fight. The ones whom we need to bring us back to the mainland.

For months God was stirring my heart to start a podcast, but I was

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pushing back a bit. After a discussion with Emily P. Freeman and many conversations with my hope*writers Mastermind friends and some of my other people, I decided it was time to do this thing because this message is too important to hoard.

This podcast is meant to help you get your relationships back to a healthy place again when they have been broken in some way.

Maybe you have lost your voice along the way, and you are ready to find it. Maybe you don't love yourself, not really, and you want to. Maybe you are not sure where you end and another begins, and you are tired of holding what is not yours anymore. Maybe you long for connection, but your connections aren't giving you life.

I am glad you are here. If you struggle in your relationships (and p.s. This is all of us), you are in the right place. You could be one with an unhealthy relationship with yourself. Or someone struggling with your relationship with God or others. Wherever the broken pieces fall for you, you belong here.

As a licensed counselor, writer, and boundaries coach, I help you find healing and wholeness so that you can know and love yourself and *be* known by others. I want you to learn what good relationships are made of. I want you to feel confident again, to find your voice, to set better boundaries, to love well.

Relationships haven't always come easy to me, and I have seen how they haven't come easy for you either. Almost every client that has ever walked into my office begins with a problem in her relationships. Someone is taking advantage of her, or has in the past. Someone is hurting her. She is unhappy in her marriage or with her work or with her friends. She is lonely and wishes to have companionship. Relationship problems seem to be the common denominator.

As for me, there have been moments I have botched best-friendships over something silly like a boy. I have been selfish. I have been isolated. I have hurt some of the people I loved the most. I have been dishonest and prideful and impatient. I have lost dear friends, and I am not great at distance friendships. I have had poor boundaries, and I shut down when I am hurting. I have held grudges and shut people out. I have loved and lost and everything in between. I am not perfect with my relationships, as you

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can see. But I will share with you what I have learned along the way: how to love yourself, how to love God, and how to love people in beautiful, authentic ways. Every week you will hear an honest story, simple and practical growth steps, and a chance for reflection.

I'll get real with you, and I hope you will feel empowered to get real, too, so that you can cultivate that kind of authentic living, the kind that breeds life-giving relationships.

And let's see how that impacts the world.

Here is a quote from *The Nightingale* by Kristin Hannah to end our episode today. She says this: "I always thought it was what I wanted: to be loved and admired. Now I think perhaps I'd like to be known." (Pg. 5)

Thanks for sitting a while with me. You can find me on Instagram @kerrahfabacher or at my website, www.kerrahfabacher.com. If you do not get the Monday Minute, our weekly email with practical next steps that I teach my counseling and coaching clients, you can sign up at the link in my Instagram bio or under "Monday Minute" on my website. And P.S. You can take our quiz that will show you your personality style in relationships and where you can grow! You can find it at the link in my Instagram bio or in the pop-up on my website.

The transcript for this episode is on the podcast page on my website.

Don't forget to subscribe so that you never miss an episode! I would also be so grateful if you would rate the podcast so that more can listen in.

And a big thanks to my friend, Robert Hargrove, for creating the music for our podcast, and fellow hope*writer, Alana Dawson for editing the show.

Until next time, friend.
I'll see you soon!